

# GYMNASTICS

A large photograph of Kim Zmeskal, a female gymnast, smiling and holding a large silver trophy aloft with her right hand. She is wearing a white USA national team leotard with a McDonald's logo on the chest and a gold medal around her neck. The background is dark and out of focus.

**KIM  
ZMESKAL**

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1990 McDONALD'S  
AMERICAN CUP**



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CHANGES OF ADDRESS AND SUBSCRIPTION INQUIRIES: In order to ensure uninterrupted delivery of USA GYMNASTICS Magazine, notices of change of address should be made in by mail 10 weeks in advance. For latest service please enter your postage mailing label. Direct all subscription mail to USA GYMNASTICS, 201 South Capitol Avenue, Pan American Plaza, Suite 200, Indianapolis, IN 46202.

The United States Gymnastics Federation (USGF) is the sole national governing body for the sport of gymnastics. It is the official organization for the USCF which trains and administers the U.S. Gymnastics Team, including the U.S. Olympic Gymnastics Team. Competitive and competitive display exercises and art displays.

USA GYMNASTICS is published bi-monthly by USGF for the United States Gymnastics Federation, 201 South Capitol Avenue, Suite 200, Pan American Plaza, Indianapolis, IN 46202. Phone: (317) 635-1000. Second class postage paid at Indianapolis, IN. Subscription price: \$10.00 (U.S.) plus \$2.00 (Canada, Mexico and foreign). All payments in U.S. dollars. All correspondence and notices should be sent to the attention of the circulation manager, USA GYMNASTICS, 201 South Capitol Avenue, Suite 200, Indianapolis, IN 46202. All rights reserved. Printed in U.S.A.



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# IN COLOR, IN STYLE



## PREVIEW

## It's Taking Shape

## THEME &amp; LOGO

**A**s a promotional theme, the Organizing Committee invites the audience to "Share the Magic."

This sharing of the magical moments of gymnastics captures the excitement and tradition of the event.

The event logo for the 1991 World Gymnastics Championships is not only an attractive, colorful piece of art, it is symbolic as well. The center represents an abstract figure of a gymnast in handstand and serves as the focal point of the design. The use of the "XX" indicates the current numeral twenty with a total of 20 separate segments to signify the 26th World Gymnastics Championships. The

SHARE  
THE   
MAGIC

1991 WORLD GYMNASTICS  
CHAMPIONSHIPS

INDIANAPOLIS, SEPTEMBER 6-15

use of five different colors reminds the viewer that five continents are involved in the competition and the circle reflects a universal perspective. It was the intent of the artist to produce an event logo that would be instantly identifiable and versatile in its renderings. It can be adapted in a single or multi-color pattern, used as a large or small design, stand alone or placed on stationery, pens and apparel.

A graphics standard manual has been prepared to help protect its integrity and standardize its presentation to the public. (It may not be used by any entity without the written consent of the '91 World Gymnastics Championships Organizing Committee.)

continued on page 10

*After a while, all the floor music sounds the same!*

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# A Fairy Tale

December 26, 1964—Somewhere in the Midwest

By Robert Cowan

**A** collegiate gymnastics coach arises at dawn to pack his aging station wagon with his wife, kids and several gymnasts to drive non-stop to Sarasota, Florida, for the annual Winter Gymnastics Clinic. Armed promises of sunbathers, relaxing stints at the beach, improved technique and new skills, this borderline fanatic has convinced his kids to leave their snow-bound Christmas treasures at home, his wife to abandon the comfort of her heated living room to ride 18 hours, and his team to give up any semblance of break time to experience this aspen.

In the meantime, in the Southwest a similar scene is being repeated by a high school coach, and by a man who has opened a private business which will become known as a "gymnastics club" in the not-so-distant future, en route to the gymnastics mecca known as the Tucson Winter Clinic.

What do these people have in common? They will all pay their own way to these various activities, they will sleep eight to a room, share lousy diner food, work hours and hours for little or no pay, and genuinely be glad they were there. The sport will grow and many of these people will turn to coaching as a result of these experiences.

Imagine if one of these individuals were to be caught in a time warp and transported 20 years into the future. They would find no such activities existing any more. They would find that the only time people get together to share information, is when some organization called the USGF (what happened to the AAU?) creates an event, pays people to show up there, provides them with room and board and also puts money in their pockets. They would no more believe this than the fact that the guy who is selling 20 Mule Team Banno on Channel 4 will be president of the USA.

Why is that? What has happened to our educational base which we used to



rely on so heavily for the creation, motivation and continuation of our coaching community? As the collegiate environment which created coaches in 1964 shrinks, due not so much to the fact that the colleges are dropping, but more to the fact that the physical educators are now coaching and not teaching gymnastics to majors classes, the fresh young coaches who are stepping forward to take their places know technical gym-

nastics, but they don't know adolescent physiological and biological characteristics. They do not know how to deal with the emotions of children, they are not trained in the educational adjuncts of working with children.

The continued coaching shortage has reached crisis proportions in America. The "quick-fix" has been to import experts from foreign countries, but, as immigration laws change and the expectations of these individuals are altered by their perception of getting rich quick in America, this is likely to provide a viable solution.

The best hope at the current time appears to be coaching institutes, created around existing programs, with internships being offered to individuals who can afford to pay for such expertise. Combined with college credit in the various related sports sciences, educational disciplines, basic first aid, and practical application in the gym with a lead coach, these opportunities will be the best effort thus far.

Yet, the need for a return to a real "kinder, gentler" gymnastics society where coaches are hungry to learn from each other, involve their gymnasts and all of a manageable and affordable economic impact, is very needed.

Where does it start? Many feel it should start with the USGF. But, the USGF is like the government. Every time the government creates something, it has an almost built-in dysfunction of not getting down to the masses. I feel this needs to continue and expand at the coaching levels with universities, private gym camps and others offering these coaching and training opportunities. If this does not happen, and happen soon, we are going to lose another valuable learning center for our community.

If you need information on how to create a gym clinic or gym camp experience, contact Steve Whitlock for materials or brochures.



# Honey, I Shrunk The Team

By Jeff Gothard Southern Indiana Gymnastics



**T**he dinosaurs. The dodo bird. Those Atlantic people. The Class IV team you had a few years ago. All beings who, for one reason or another, have been prematurely plucked from a long and prosperous career.

While gymnasts don't have to deal with menacing glaciers or the ice age, we will see a fairly high rate of "extinction" due to frustration, "burnout," or the culture of social activities. It is not uncommon to visit a local ballgame and see several of our former competitive athletes gyrating rhythmically in rear-perfectionism, sporting saddle shoes and pom-poms.

When we lose an athlete, talented or not, the entire program may suffer. Often, the loss is felt deeply by teammates and coaches alike. True, in some instances, quitting may be the best avenue. Many times, however, it is not. Those are the instances that hurt us the most, and it is these kids we should fight for!

In combating the drop-out syndrome, our best offense is a good defense. We would be wise to mirror the boy scout creed of "always be prepared." Arming yourself with the proper attitudes and procedures could prove powerful against the strongest foe.

Some of the following ideas may serve as reinforcements in our daily battles, and help us to one day win the war.

**Love the kids.** Plain, simple and all-powerful. If you already do this, you can stop reading this article and catch these re-runs of Love Boat.

**Share your time and energies as**

equally as possible. "Problems" gymnasts, or those that are less talented, are easy to ignore. Working with these athletes, though, can serve as an insurance policy against future slumps. Don't sell any gymnast short! Not only is it the "fair" thing to do, you may be reaping benefits you never expected!

**Praise for well-directed effort, as well as results.** Just as gasoline propels our cars to the gym day after day (after day . . .) so does praise and recognition fuel the athlete's desire to learn and excel. If our tanks were only filled up when we arrived at our destination, and no stops were made along the way to re-fuel, we would often run out of gas. If gymnasts are "gassed up" with bits of praise on the road to learning, not only will their destination be reached, future journeys will be more easily traveled.

**Set short-term goals the athlete can accomplish.** Just as praise is important, so is the attainment of "milestones" the gymnast can use to gauge his or her progress, and know they are progressing. These short-term goals should be the tools to help him/her feel confident in his/her ability to attain future rewards. Take care in choosing goals. If they are too lofty, discouragement will douse the gymnast's will. Make them challenging enough to pique interest and concentration, but definitely within the athlete's capabilities.

**Avoid advancing gymnasts beyond the point where they feel comfortable competing.** It is said that fish will grow in proportion to the size of their aquarium.

Some athletes do need the challenge of being in slightly over their head, but others may flourish knowing they are among the best in their respective level. So, not all gymnasts fit the fish theory. Treat each athlete as an individual when advancement time comes, or their possible discouragement could have you telling stories about "the one that got away."

Success in our sport is like a Ferrari—it's wonderful if you can pay the price. Our athletes pay every day in the gym. We need to show them the dividends of their efforts.

Sincere and disciplined application of policies geared toward the athlete's best interest will compound into many future profits for all of us. And our programs will be speeded the fate of the dinosaurs!

continued from page 7

## HOUSING

Housing of the participants, special guests and spectators has been arranged through the efforts of the Accommodations Director of the 1991 World Championships Organizing Committee. Contracts have been negotiated with the eight major Indianapolis downtown hotels to provide all necessary housing. Each of the hotels is within walking distance of the Hoosier Dome and has guaranteed priorities for the event. To assure lower rates for the '91 event, reservations are being coordinated with the Indianapolis Convention and Visitor's Association located at the Hoosier Dome.

## TICKETS

The Event Promotion Committee has submitted a preliminary ticket plan which anticipates three levels of ticket prices for the team, all-around, and event finals. With some 250,000

seats available, it will be one of the most affordable World Championships in the history of the event.

Each member of the Organizing Committee understands his mission, and is well underway in achieving the common goal. The combined effort of the Organizing Committee, the United States Gymnastics Federation, and the local community, will assure the success of the 1991 World Championships. The city of Indianapolis, well known for presenting athletic events, is proud to host your World Championships.

The U.S. Gymnastics community will get the first crack at ordering tickets, with the best price packages going to USGF professionals mentioned. For more information about the event, or to have ticket brochures sent to you when they become available, write: 1991 Tickets/Housing/World Championships, 201 S. Capitol Ave., Suite 301, Indianapolis, IN 46225.

## Sports International '89-90

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## MARY LOU

The following "Ask Mary Lou" questions were obtained by asking spectators/volunteers at the 1990 McDonald's American Cup competition held in Fairfax, Virginia. If you have a question for Mary Lou to be used in the next issue of USA Gymnastics write USA Gymnastics, Ask Mary Lou, P.O. Box 100, 2018 Capitol Ave., Ste. 300, Indianapolis, IN 46225. Mary Lou Ratten will answer a few questions like these in the upcoming issue and she's looking forward to answering YOURS.

### DEAR MARY LOU,

After you've gone to the Olympics, is it hard to go to school? Do people make a big deal out of you?

Abby Vought, Age 11  
Springfield, VA

Dear Abby,

It was really difficult going back to school after the Olympics. Everyone stared at me and were afraid to come up and talk to me. But once they found out that I was the same as they are, they treated me like the rest of their friends.

### DEAR MARY LOU,

How do you keep yourself motivated in gymnastics?

Jenna Karaditil, Age 16  
Vienna, VA

Dear Jenna,

I have gymnastics so much that it's really was easy to keep myself motivated. But there were a lot of days that I didn't want to workout, but I made myself go anyway. The people that go to workouts

when they don't want to are usually the ones that become champions.

### DEAR MARY LOU,

How do you feel about going to the Olympics?

Aimee Hobbie, Age 12  
Springfield, VA

Dear Aimee,

My Olympic experience was definitely the HIGHLIGHT of my career. I felt so proud to represent the U.S.A. at the Olympics. And when I received my gold medal, it was the BEST time of my whole life!

### DEAR MARY LOU,

Do you still workout?

Mercedith Mitchell, Age 12  
Barb, VA

Dear Mercedith,

Yes, I do workout, but not nearly like I used to. I have a very busy schedule where I travel a lot and don't get into the gym as much as I would like to.

### DEAR MARY LOU,

Did you ever have a sprained ankle? If you have, what did you do for it?

Sara Teekens, Age 8  
Barb, VA

Dear Sara,

Yes, I have had several sprained ankles. All I can tell you is to ICE, ICE, ICE! Believe me, it works!

# SAFETY CERTIFICATION TESTING

## Scheduled Sessions

### Sunday, May 20, 1990

1. Raleigh, North Carolina 10:00 a.m. - 3:00 p.m.  
North Raleigh Community Center, 7021 Rocky  
Creek, Raleigh, NC 27615  
Course Director: Don Davis 919-792-9420  
Course Contact: Jose Davis 919-792-9420

2. Burbank, California 9:00 a.m. - 5:00 p.m.  
Burbank Airport Hilton Hotel, 9500 Hollywood  
Boulevard, Burbank, CA 91505 818-871-0000  
Course Director: Jeff Latta 818-871-0000

3. Walling, New Jersey 10:00 a.m. - 3:00 p.m.  
Gymnastics World  
Course Director: Cathy Rickett 201-965-6652

### Saturday, June 2, 1990

Northbrook, Illinois 9:00 a.m. - 4:30 p.m.  
Northbrook Gymnastics Training Center, Inc.  
1945 Raymond Drive, Northbrook, IL 60062  
708-344-3420  
Course Director: Gerald Dink 708-344-3420

### Sunday, June 3, 1990

Maryland, Maryland 10:00 a.m. - 4:30 p.m.  
Maryland Gymnastics, 314 Naylor Court,  
Maryland, MD 21208 301-947-8780  
Course Director: John Perma 301-947-8779

### Saturday, June 16, 1990

Scranton, Pennsylvania 9:00 a.m. - 4:30 p.m.  
International Gymnastics Camp, Golden Sapper  
Road, RD #9 Box 38971 Scranton, PA 18560  
Course Director: Dr. Gerald George 315-985-1230  
Local Contact: Bruce Klaus 717-424-3230

### Sunday, July 15, 1990

Stonington, Connecticut 10:00 a.m. - 3:00 p.m.  
Stonington Community Center  
Course Director: Joan Hais 203-266-1540  
Local Contact: Richard Ward 203-266-1540

### Saturday, August 4, 1990

Scranton, Pennsylvania 9:00 a.m. - 4:30 p.m.  
International Gymnastics Camp, Golden Sapper  
Road, RD #9 Box 38971 Scranton, PA 18560  
Course Director: Dr. Gerald George 315-985-1230  
Local Contact: Bruce Klaus 717-424-3230

### Thursday, August 9, 1990

Virginia Beach, Virginia  
Cavalier Hotel 800-446-8800  
Course Director: Cathy Rickett 201-965-6652  
This course will be conducted in conjunction with the  
USCG Region VI Mini-Congress

### Thursday, September 27, 1990

St. Louis, Missouri 10:00 a.m. - 5:00 p.m.  
Course Director: Ray Overman 314-969-1179  
Course Contact: Debbie Harmon 314-569-2183  
This course will be conducted in conjunction with the  
Midwest Coaches Conference.

## Everyone Needs To Be Safety Certified

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4. Implementation of stricter safety practices will help reduce the chances of accidents and/or injuries
5. Helps in membership recruitment

## General Points of Information

1. The text book for the Certification Course is the USCG GYMNASTICS SAFETY MANUAL. This text/reference manual is to be purchased and studied prior to course participation.
2. The course will take approximately six hours, including the test.
3. Certification is good for four years.
4. The Course fee is \$180.00. USCG members and second cycle re-certification is \$75.00. Retest cost is \$25.00. For groups of at least 5, contact the USCG Department of Safety and Education, 0170237-9050

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## SOVIET NAMES

I have subscribed to your magazine for about two years. I compliment you on your great articles and pictures. But, I do have one complaint . . . that is your spelling of competitors' names. I noticed this especially in your January/February 1990 issue, where you spelled five competitors' names wrong. They were Svetlana Boginskaya, Olga Stradova, Olesya Dudrik, Igor Korobchinsky and Valentin Mogilay. I just thought I should point this out to you.

Kathy Alexander  
Chardon, OH

Dear Kathy,

Thanks for your observant comments. The reason you will see so many variations in the spelling of Soviet gymnasts' names is as follows. The Cyrillic alphabet is used for the original spelling of the Soviet names and the translation of the spellings



vary, depending on the native language of the organizing committee. Since the 1988 World Championships were held in Stuttgart, Federal Republic of Germany, the names of the Soviet Union were spelled according to the German language. I used the official World Championships spellings of athletes' names for the articles in the January/February issue. It should please you to know

that since the 1991 World Championships will be in the U.S., the Soviet gymnasts' names will be spelled according to the English language.

## TOP COACH

Bobby Knight is the head coach of Mahoning Valley Gymnastics Boy's program. Bobby, in only his fourth year as head coach, has some impressive credentials

In 1989, he was elected Region Five Coach of the Year and was invited to coach a team at the Olympic Festival.

One of Bob's greatest accomplishments has been coaching 18-year-old Jim Krupp of Youngstown, Ohio. Jim took top all-around honors at the 1989 Ohio State High School Championship, the 1989 National High School Championship, as well as the 1989 USAG National Championship. Jim is now a freshman at Ohio State University competing for the Buckeyes and doing an excellent job in his first year. Other top Class II gymnasts coached by Bobby include 15-year olds Frank Ansevin and Andre Davis, both who qualified for national competition. We, the parents of MVG, have great admiration and respect for Bob and are honored to have him coach our boys. He is truly one of the top coaches in men's gymnastics.

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# CHALLENGES IN THE 1990'S

## NEW ORLEANS



USGF Congress in New Orleans: land of dreams. From 1990's Basin Street Blues to the sun-bling metropolis located in antiquarian accent, take some time out from the Congress to let New Orleans entertain and fascinate you. Blimming with culinary pleasures, the spicy city is known for its Cajun cooking. Stroll the fabulous French Quarter, visit the museums and antique shops, enjoy street entertainment, and the haunting echoes of jazz played like nowhere else in the world!

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# LITTLE ZMESKAL WINS

# BIG

**T**he 1990 McDonald's American Cup competition was held for the fifth consecutive year at the George Mason University's Patriot Center in Fairfax, Va. on March 3-4.

A total of 47 gymnasts from 19 countries competed for the prestigious title of the 1990 McDonald's American Cup. The Cup was an especially important competition this year, because it served as an Olympic Cup qualification competition. Each country earns points, depending on their athletes' placement, which contributes towards qualification and the right to compete in the World Cup to be held October 27-28 in Brussels, Belgium. Therefore, due to the importance of this

event, each country sent top athletes. Bela Karolyi summed it up best when he said, "It's a wide open competition."

Karolyi should be an expert on the subject since he

has claimed eight of the past 15 McDonald's American Cup victories. His athletes include Nadia Comaneci in 1976, Mary Lou Retton in 1980, 1984 and 1985, Kristie Phillips in 1986 and 1987 and

Phoebe Mills in 1988. Karolyi continued the winning streak in 1990 with his newest star — Kim Zmeskal.

The 4'4" and 57 lb. dynamo was able to continue the U.S. women's success at this event by winning the 11th consecutive all-around title.

"This little junior has stepped into the big arena by winning the prestigious McDonald's American Cup," said Karolyi.

Zmeskal, 14, started out a little slow in the preliminary round due to a fall on bars, yet still placed third in the final rankings and, most importantly, earned one of the top eight spots for the next day's final competition.

"Today I made a couple of mistakes, but tomorrow I'll show everybody I can do better," said Zmeskal.

Zmeskal did show she

BY LUAN PESZEK



**T**HE SMALL,  
BUT TALENTED  
KIM ZIMMERMAN  
CAPTURED  
THE TITLE OF  
THE 1990  
MCDONALD'S  
AMERICAN CUP  
COMPETITION.



The Soviet Union's Natalia Kalirina earned a silver medal in the all-around.

could do better, in fact, she scored a 9.933 on vault, 9.887 on bars, 9.825 on beam and 9.950 on floor.

When asked if she was ready to be a superstar Kim politely said, "Yes, I'm ready. That's what goes with it if you do well."

"Kim's win is very special to me because this is the first time a generation I have raised and trained," said Karolyi. "After 14 years with Nadia's American Cup victory, I still managed to put out a winner and this makes me feel a little younger. It's a personal incentive to keep going."

Zmeskal was able to gain a small lead on her first event, vault, and maintained this lead throughout the entire competition.

Zmeskal's mom, Clarice, said, "My heart was beating 100 miles a minute. I knew she could do it, but I was worried since she was a little shaky yesterday."

Clarice Zmeskal wasn't the only nervous person in the crowd, so were Kim's dad, sister and brother who all made the trip from Houston to watch Kim take the gold medal.

Natalia Kalirina, the silver medalist from the Soviet Union, was on the heels of

Zmeskal scoring a 39.450 all-around. Kalirina, 16, was an alternate to the 1989 World Championships team and had a great deal of difficulty in her routines. She executed the only double twisting Yurchenko full vault in the competition. On floor her tumbling passes included a double lay-

out, a full-in, back-out to flip flop, immediate round off, flip flop, Arabian one-and-three-quarters dive roll and she dismounted with a full-in back-out.

The bronze medal went to Man Kozuge from Japan with an all-around score of 39.111. Kozuge did an outstanding beam mount — a round off layout step out onto the beam, followed consecutively by two layout step outs.

Fourth place went to the U.S.'s Sandy Woolsey from Desert Devils in Scottsdale, Ariz. She finished in second after the preliminary round of competition and was in a top spot for medal contention during the finals until beam Woolsey, 17, was attempting her round off, flip flop, double back dismount off beam but was crooked and could only execute a single back. This mistake hurt her beam score and knocked her down to sixth in the rankings.



"I was disappointed after beam but I did well on everything else so going into floor I tried to focus on what I had done well and not what I had done bad," said Woolsey.

And her strategy must have worked because she scored a 9.90 on her powerful new floor routine, which included a round off, flip flop, full twist, flip flop, flip flop, triple full twist. Her impressive floor routine moved her into fourth place all-around.

Rounding out the fifth through eighth places in the all-around were Lavinia Molosova with 38.809, Alicia Fernandez from Spain with 38.812, Canada's Leah Horvath with 37.762 and Haruko Miura from Japan with 36.834.

Another extremely strong competitor for the U.S. was Shannon Miller from Dynamo Gymnastics in Edmond, Oklahoma. Miller, 12, placed sixth all-around after the preliminary



Japan's Mari Kossage won the bronze medal in the all-around competition.

round of competition, however, due to a two-gymnast-per-country rule, she was unable to advance to the finals. Miller has a great deal of difficulty in her routines, especially for being only 12 years old. She does a full-in back-out dismount from the balance beam, as a flyaway off bars and four tumbling pass on floor.

"Shannon had the best meet of her life," said Steve Nunn, Shannon's coach. "I

was very pleased with her performance, I was just disappointed she couldn't make the finals."

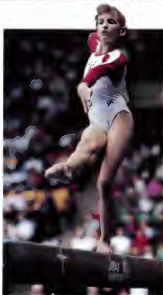
Another young athlete that is sure to be a strong competitor for the U.S. is Hilary Griewich from Karolyi's Gymnastics in Houston, Texas. Griewich replaced Erica Stokes, also from Karolyi's Gymnastics, at the last minute when Stokes was injured. Griewich and Miller, both at age 12, were



Sandy Woolsey demonstrated her brand new floor routine.

the youngest competitors in the McDonald's American Cup.

Wendy Bruce and Brandy Johnson from Brower's Gymnastics in Altamonte Springs, Fla. also competed for the U.S.



AP Photo/Chris Kohn



Brown and Johnson both agreed that the main goal now is to get healthy!

Shannon Miller placed sixth all-around in the preliminary round of competition, but was unable to advance to the finals due to the two-gymnast-per-country rule.

However, injuries slowed down their training schedules and they were unable to finish at the top of the ranks.

K e v i n

Brown who coaches Johnson, the defending champion of the McDonald's American Cup, said,

"After World Championships Brandy had torn ligaments in her ankle. She was just coming back from the ankle injury when she suffered an injury to her collarbone. Then she was sick and unable to prepare the way she did last year for this competition. Brandy gave 100 percent and tried to rely on past experience but it just wasn't enough."

## SPECIAL THANKS

**K**aron Gymnastics has been involved with the McDonald's American Cup ever since the first competition was held in Fairfax, Va. in 1986. Karon Gymnastics has three clubs located in Burke, Fairfax and Manassas.

Karon Gymnastics provided nearly 200 volunteers for this prestigious event. The volunteers do a wide variety of things such as sell tickets, provide food at the arena, do advertising sales, pick up athletes and coaches at the airport, provide floor venue maintenance, allow athletes to use their facility for extra training, work the hospitality room at the hotel and handle many other jobs.

The USGF sincerely appreciates their efforts and would like to especially thank the gymnasts at Karon Gymnastics, Milan Stancovich, Jane Koop, Carol Stephenson, Kathy Oldek, Tim Guy, Debra Walk, Steve Willard, Diane Meyer, and all the others who worked so hard to make this event such a success!

## WOMEN'S FINAL ALL-AROUNDS

1. Kim Zmeskal	USA	39.599
2. Natalia Kalisina	URS	39.450
3. Mari Konega	JPN	39.111
4. Sandy Woodsey	USA	38.949
5. Larissa Malosheva	BUL	38.899
6. Alicia Hernandez	ESP	38.812
7. Leah Fiorina	CAN	37.762
8. Hanako Mura	JPN	36.636

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A photograph of a male gymnast, Alexander Kolivanov, performing a handstand on a horizontal bar. He is wearing a white long-sleeved shirt and white pants with black stripes on the side. His legs are extended upwards, and his arms are bent at the elbows, with his hands gripping the bar. The background is dark, and the bar is a light blue color.

**A**LEXANDER  
KOLIVANOV  
BECAME THE  
THIRD SOVIET  
IN FIVE YEARS  
TO WIN THE  
MEN'S TITLE.

# A RACE TO THE FINISH

BY LUAN PESZEK



**T**he 15th annual McDonald's American Cup competition set the all-time high attendance record for this event with 15,538 spectators. With all the supportive gymnastics fans in attendance, the arena sizzled with anticipation as to who would be the new McDonald's American Cup champion.

"The Cup was the most competitive in many years," said Paul Spadaro, competition director.

After the preliminary round of competition, the leader was the U.S.'s own Lance Riegoldt from Gold Cup Gymnastics in Albuquerque, N.M. Cuba's Felix Aguilera was in second and the Soviet Union's Alexander Kolbasov was in third. However, the scenario changed slightly in the final round of competi-

tion — there was a three way race for the title between Riegoldt, Kolbasov and Ralf Buchner from the German Democratic Republic.

Unfortunately, Aguilera was forced to drop from the final round of competition due to an injury. In addition, Sweden's Johan Jonasson, who was tied for fourth with Buchner, was also injured and couldn't advance to the finale.



Lance Ringnald earned the silver medal — only .05 short of the gold.

The competitors in the final round included Ringnald, Kolivanov, Buchner, Alfonso Rodriguez from Spain, Yutaka Akita and Hideyuki Shirokane from Japan, Kevin Davis from the U.S. and Li Ge from China.

There was a strong race to the finish. It wasn't certain who would win the competition until the last gymnast finished on the last event, high bar. Ringnald needed a 9.85 to tie for the gold with Kolivanov, or a 9.90 to win the championship title. He usually does Tkachev, Tkachev, Genger in his high bar routine, but since he caught the second Tkachev a little close to the bar, he didn't risk attempting the Genger. Despite not throwing his three consecutive release moves, he did a great routine and scored 9.80, just .05 short of a tie for the McDonald's American Cup Championship title. Buchner scored a 9.70 on his

routine to tie with Ringnald for the silver medal in the all-around.

Kolivanov, 17, became the third Soviet gymnast in five years to take the men's title.

"It feels wonderful," he said. "I feel great in this role."

Kolivanov is a three-time junior national champion in the Soviet Union. He said that he hopes to be the best in the Soviet Union someday

and that is why he is training so hard.

And, from the looks of his performance, he is well on his way to being the best.

"Kolivanov does a very unique routine on pommel horse which could change the whole concept of the event," said Mas Watanabe, U.S. men's technical director.

Robert Casan, men's program administrator, ex-

plained the pommel routine and said, "He does an impressive series of uninterrupted 12° moves such as Magyar, Triple Direct Stockli, Reverse Stockli to handstand, with a straddled pique over 3/3 of the horse."

This is a very difficult combination, never before seen at the McDonald's American Cup competition.

In the final round of competition, Kolivanov fell on his original series and still scored a 9.25. He won the all-around by a slight margin over Ringnald and Buchner with a score of 57.65.

Ringnald had three new routines since the 1989 World Championships — vault, parallel bars and pommel horse. He used the round off entry vault, a Yurchenko layout full, however, it only scored a 9.45. Ringnald's only mistake of the competition was on pommel horse when he subjected a minor break.



Kevin Davis finished a strong fourth in the all-around.

The break cost him valuable points and perhaps the Championship title.

"Last year I had trouble on pommel horse at this competition, too," said Ringnald.

Ed Burch, Ringnald's coach, added, "I was disappointed Lance didn't win the all-around. If he would have hit his pommel set he would have won the meet."

Buechner, 22, shared the silver medal with a score of 57.60. Buechner is married and has a daughter back in his hometown city of Potsdam. He was a member of the 1988 Olympic Team but injured himself a year ago and hasn't competed much since. However, he certainly looked full strength at the McDonald's American Cup.

Kevin Davis replaced Tim Ryan as the McDonald's American Cup due to an injury. Davis was asked to compete only one week prior to the event. However, that

didn't stop the University of Nebraska student from finishing at the top. Davis did a great job under the circumstances and placed fourth in the all-around with a 57.30.

Rounding out the fifth through eighth positions were Japan's Yutaka Aihara with a 56.90, and Hideyuki Shirohara with a 56.75, China's Li Ge with 56.55 and Alfonso Rodriguez from Spain with a 55.95.

Other U.S. competitors were Tom Schlesinger from the University of Nebraska, who scored 56.05 and placed 13th in the all-around, and Conrad Voorsinger from Stanford University who scored 55.65, and placed 19th in the all-around, during the preliminary round of competition. Schlesinger won the 1989 Winter Nationals competition and Voorsinger was a member of the 1989 World Championships Team.

#### MEN'S FINAL ALL-AROUND SCORES

1	Alexander Kolmanov	URS	57.650
2	Lance Ringnald	USA	57.600
2	Ralf Buechner	GDR	57.600
4	Kevin Davis	USA	57.300
5	Yutaka Aihara	JPN	56.900
6	Hideyuki Shirohara	JPN	56.750
7	Li Ge	CHN	56.550
8	Alfonso Rodriguez	ESP	55.950



**KIM ZME**





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# KAROLYI CAPTURES ANOTHER CUP

In 13 McDonald's

American Cup

appearances Bela Karolyi

and his gymnasts have

won eight titles.

By Patti Auer

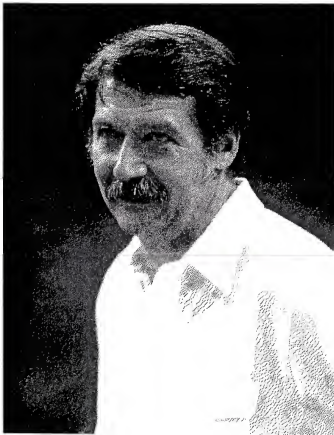
Visions of past McDonald's American Cups - the young, unknown, upstart gymnast vaults to victory and fame and into the hearts of Americans. There was Nadia Comaneci, Mary Lou Retton, Kristie Phillips, Phoebe Mills, and now, of course, Kim Zmeskal.

Faces and arenas change, but the story remains the same. That's because of the storyteller. Behind all these great gymnasts stands one man - Bela Karolyi. In 13 McDonald's American Cup appearances he and his gymnasts have won eight titles.

In 1976 an unknown swept through the very first competition. Behind her stood Bela, pushing, prodding and bringing her to the top. Nadia Comaneci, a 14 year-old unknown Romanian "discovered" by Bela, won the American Cup - only months before finding the Olympic Gold.

Anyone who follows gymnastics knows the story of Mary Lou Retton. Bela, now an American coach, fought to have this unknown 15 year-old added to the roster of the American team. Not even listed in the program (she was a last minute substitution for an injured Dianne Durham), Mary Lou surprised the competition, shocked onlookers (except for her coach) and won the Cup. She repeated as champion in 1984 and 1985.

After the retirement of Mary Lou, gymnastics circles began to search for a "new sensation." They found Kristie Phillips. She won the



McDonald's American Cup in 1986 and 1987.

1988 saw the arrival of another of Bela's proteges, Phoebe Mills. Months after winning the Cup she became the first American female to win a medal in a non-boy-cotted Olympic Games.

And now there is Kim Zmeskal.

This year's McDonald's American Cup heralded the arrival of another Karolyi gymnast. This 4-foot-5, 67 lb dynamo defeated the Soviet Union/junior national champion Natalia Kalina to win the 15th annual McDonald's American Cup. She is the fifth Karolyi gymnast to win this prestigious event. This victory may mean the most to Bela because Kim has been his gymnast, his protegee, from the beginning.

"She's the one who has been with me the longest. She has been with me since she was six," Bela said after Zmeskal's victory. "I wished she could do this. I always



Bela Karolyi hugs his, now retired gymnast, Phoebe Mills. Mills won the McDonald's American Cup in 1988.

wished. But I didn't want to say anything and look silly. Now, this proves to me that what I am doing works. The system works."

Year after year he returns to this competition with his tiny, talented gymnasts in hand ready to make their mark. Year after year his gymnasts stand on top of the podium. Does it get old? No, insists Karolyi. Each year brings its own memories. But among the 13 appearances three years stand out in his mind.

"No question that 1976 - it was 15 years ago - is still very alive, because it was a great event and the victory made it even better. 1983 was very memorable to me. There was the opposition against my introducing Mary Lou and now this time, little Kimbrowen," said Bela.

The bear-hugging former Romanian is known as a great motivator and a producer of champions. He is admired, envied and emulated. Serve

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Nunzio, coach of junior national team member Shannon Miller, another surprise shoe-in in the McDonald's American Cup, placing sixth, has nothing but praise for his former employer.

"I respect Bela. This guy's got something to offer - he's the only guy to beat the Soviets," Nunzio, who worked for Karolyi in 1983, explained. "He's a master at motivation, he knows when and how to motivate. He has a way about him. He is one of the best coaches in the world and he's proven it time and time again."

It is not only the McDonald's American Cup that Karolyi has affected, but gymnastics in general, says Nunzio.

"From day one that he has come here I have seen a competitiveness in the U.S. flourish. He has made people rise to the occasion. He's a good character, he brings a personality to these events. And he's always got a good attitude."

Nunzio, and Miller, a 4-



Hilary Gelwich & Kim Zmeskal, two Karolyi star students, wait for their turn to warm up here.

foot-3 12 year-old from Edmond, Okla. found success at the McDonald's American Cup, as well. "I told Shannon that if we beat one person we would be happy. (She did more than that, placing sixth, but was unable to advance due to the ruling that only two Americans are allowed in the finals.) The seniors were favored and the juniors were not well known," recalled Nunzio.

"Part of the credit," says Nunzio, goes to Karolyi. "Bela comes in like a fireball. It was a fantastic opportunity. The stage is set and anyone can win the McDonald's American Cup. It comes down to who had the biggest heart Kim did, and Bela gave it to her. Shannon learned a lot from watching Bela and Kim."

Bela was asked if it was de ja vu. Yes, and no, he said.

"People want to know if history repeats itself. It's so frightening..." he answered. "No, it isn't frightening... it's the work of Bela Karolyi."

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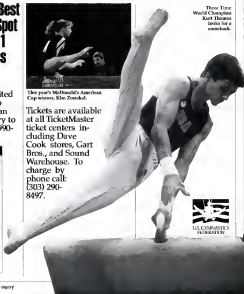
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# ZMESKAL-RINGNALD A PAIR OF WINNERS



Lance Ringnald and Kim Zmeskal were the winning pair at the McDonald's International Mixed Pairs Competition.

Grivich and Aguilera were paired together because Cuba did not send a female gymnast to the competition. Aguilera chose to do parallel bars for his first event and scored

9.850, while Grivich opted to do beam for her first event and scored 9.875.

"I did beam first because I'm less nervous on it," said the 4'3" and 72 lb. Grivich.

BY LUAN PESZEK

This year's McDonald's International Mixed Pairs competition was held in Villanova, Pa. at Villanova University's delfort Pavilion. A total of 6,004 enthusiastic fans watched as the U.S.'s Kim Zmeskal and Lance Ringnald captured the all-around title with a combined score of 38.20. The victory was the seventh in 12 mixed-pair competitions for the U.S. in this event.

The McDonald's International Mixed Pairs competition was first organized in 1979 as a unique, friendly competition in which one man and one woman from each country are paired together to compete against other pairs. Each gymnast from the pair competes on three events during three rounds of competition, and their scores are combined to determine the winning pair.

After round one of the Mixed Pairs competition, Hilary Grivich, 12, from Kately's Gymnastics and Felix Aguilera from Cuba were in the number one position.

Hilary said she has a beam in her backyard and beam is her favorite event.

Wendy Bruce from Brown's Gymnastics in Altamonte Springs, Fla. was in second place with her partner, Corinne Voorsanger from Stanford University. Bruce scored a 9.875 on her first event, vault, and Voorsanger scored 9.70 on parallel bars. The pair from China, Chen Chong and Li Ge, were in third place after round one scoring a 9.875 on vault and 9.65 on parallel bars. Fourth place went to the pair from Bulgaria -- Milena Mavrodieva scored a 9.875 on vault and Dian Kolev scored a 9.60 on still rings. Sandy Woolsey and her partner Kevin Davis were tied for fifth with another U.S. pair, Zmeskal and Ringnald. However, only two pairs per country may advance to the second round of competition, therefore, Zmeskal and Ringnald advanced due to their higher individual event scores. Woolsey, from Desert Devils in Scottsdale, Ariz., scored a



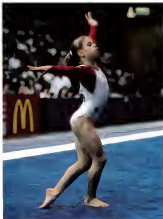
## MCDONALD'S INTERNATIONAL MIXED PAIRS

9.85 on vault and Davis, from the University of Nebraska, earned a 9.60 on high bar. Zmeskal, from Karolyi's in Houston, Texas, received a 9.90 on vault and Ringwald's high bar routine landed a 9.55. Ringwald trains at Gold Cup Gymnastics in Albuquerque, N.M.

"I just kept saying to myself, make it through the first round because that's the best part of the event, but we almost didn't make it," said Zmeskal.

In sixth place with a vault score of 9.75 and a high bar score of 9.65 was the pair from France, Karine Mermet and Christian Chevalier. The pair from Japan both chose floor as their first event and were seventh after the first round with a 9.75 from Maii Kovacs and a 9.60 for Hideyuki Shimohara.

There was a three-way tie for eighth place with the couple from Romania, Lavinia Morosovici and Marian Stancu, scoring a 9.80 on vault and 9.65 on high bar. Kim Kelly from Parkettes in Allentown, Pa. scored a 9.65 on



Hilary Grivich and her partner, Felix Aguilera, from Cuba placed third all-around.

floor and her partner, Joo Hyang Lee from Korea, scored a 9.45 on high bar, and the pair from Italy, Selma Celotto and Boris Petric scored a 9.50 on vault and a 9.80 on rings. All three pairs had a combined score of 19.30, however, the Romanian pair advanced to the second round because they had the highest individual event score.

The top eight pairs advanced to round two. A major highlight of round two was Zmeskal's outstanding floor routine that scored a 9.90.

Ringwald scored a 9.4 on vault to pull the team up from fifth to second in the all-around standings. Their total score was now 38.90. First place on the standings after round two was the pair from China with a 39.050 and third in the standings went to Grivich and Aguilera with a 38.875. These top three pairs then advanced to the third and final round of competition with only tenths separating them.

Bela Karolyi, who coaches Zmeskal and Grivich, said, "I'm very happy having two of my gymnasts in the final

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round of competition. I see a new generation growing up in front of my eyes. I'm especially glad today for little Hilary. It is good she is in the finals."

Grievich went first up on bars and scored a 9.80, however, her partner, Aguilera, had a miss on high bar and scored only an 8.95 for a total score of 37.625.

Karachi said, "This little thing [Hilary] is strong but she has room to improve and next year she will be as strong as Kim [Zmeskal]."

Cutting was next up on beam and she, too, had a fall on her flip-flop back-tuck-to back-out and scored only a 9.375. Her partner, Ge, scored a 9.70 on rings to put their total score at 58.125.

Zmeskal was last up on beam but obviously ignored the pressure and hit a solid set for a 9.80, while Ringnald scored a 9.40 on his last event, floor, for a total score of 58.20. Zmeskal and Ringnald became the 1993 McDonald's International Mixed Pairs Champions!

"I saw Chen fall off beam and I knew it opened up the door for us," said Zmeskal.

"I saw Chen fall off the beam too, and I was having a coronary watching Kim up there [on beam]," added Ringnald.

Karachi said, "Kim and Lance also won a Mixed Pairs competition in Switzerland and I think it shows the overall strength of the U.S. gymnastics program."

## RESULTS

### ROUND ONE STANDINGS

1 Hilary Grievich/Felix Aguilera	USA-CUB	79.725
2 Wendy Bruce/Conrad Voornagel	USA-USA	79.575
3 Chen Cutting/Li Ge	CHN-CHN	79.325
4 Milena Miroslavova/Dan Kaley	BUL-BUL	79.475
5 Kim Zmeskal/Lance Ringnald	USA-USA	79.425
6 Sandy Wootery/Kevin Davis	USA-USA	79.425*
7 Kerrie Mermel/Christian Chevillon	FRA-FRA	79.400
8 Mari Kozuge/Hideyuki Shimohara	JPN-JPN	79.350
9 Larissa Malosheva/Marian Stoian	ROM-ROM	79.300
10 Kim Kelly/Joon Hyang Lee	USA-KOR	79.300*
11 Selma Colinet/Boris Pons	ITA-ITA	79.300*

\*When a tie occurs the couple with the highest individual score advances to the next round of competition. Only two pairs per country may advance to the second round.

### ROUND TWO STANDINGS

1 Chen Cutting/Li Ge	CHN-CHN	39.050
2 Kim Zmeskal/Lance Ringnald	USA-USA	38.950
3 Hilary Grievich/Felix Aguilera	USA-CUB	38.875
4 Milena Miroslavova/Dan Kaley	BUL-BUL	38.725
5 Wendy Bruce/Conrad Voornagel	USA-USA	38.675*
6 Larissa Malosheva/Marian Stoian	ROM-ROM	38.600
7 Mari Kozuge/Hideyuki Shimohara	JPN-JPN	38.500
8 Kerrie Mermel/C. Chevillon	FRA-FRA	38.500

\*Only one pair per country can advance to the finals round of competition.

### ROUND THREE STANDINGS

1 Kim Zmeskal/Lance Ringnald	USA-USA	58.200
2 Chen Cutting/Li Ge	CHN-CHN	58.125
3 Hilary Grievich/Felix Aguilera	USA-CUB	57.625

# DUANE HOLLAND



Duane Holland was an all-terrain for the McDonald's International Mixed Pairs competition, but didn't get to compete because there were no open teams. However, he did do an outstanding exhibition in front of his hometown fans at the competition.

Holland is 12 years old from Devon, Pa. and is the Class II Pennsylvania State Champion. He's definitely the new generation in men's gymnastics. At 4'8" and 89 lbs., Holland is loaded with talent.

Duane performed a floor exercise routine that, in terms of difficulty, matched many of the routines performed by the

international competitors. He did a double layout for his first pass and showed an incredibly flexible balance position. He also did a round off, flip deep, whip to double back and dismounted with a full-in back-out.

Holland trains at John Parnett Gymnastics and is coached by Dr. O'Loughlin. He placed second all-around at the 1989 Canadian Invitational and first all-around (Class II) at the 1989 S.A.T. Championships.

Those who were in attendance at the McDonald's International Mixed Pairs got a glimpse of the future in U.S. men's gymnastics!

# 1991 USGF RHYTHMIC GYMNASTICS QUALIFYING AND SELECTION PROCEDURES

## I. QUALIFICATION AND SELECTION PROCESS

A. The 1991 USGF Rhythmic National Championships will serve as the trials for the 1990 Pan American Games.

1. All athletes must be USA citizens and registered athletic members with the USGF prior to the competition.

2. Qualification to the USGF Rhythmic Championships is through eight Regional Championship Meets.

3. Injury petitions will be accepted for review by the Rhythmic Program Committee and the respective Regional Chairman.

## 1991 PAN AMERICAN GAMES



4. The 1991 USGF Rhythmic Championships are scheduled for May/June, 1990.

5. Based on the All-Around rank order scores from the National Championships the top three (3) Senior age

gymnasts will be named to the USA Rhythmic Pan American Team. Gymnast #4 will serve as the alternate.

6. The 1990 Pan American Games will take place

from August 13-17, 1991 in Havana & Santiago, Cuba.

## II. INFORMATION DISTRIBUTION

A. Pan American Games Selection and Qualification Procedures will be published in the May/June 1990 edition of USA Gymnastics magazine, which is received by all USGF registered athletes and coaches.

B. A copy of the Pan American Games Selection and Qualification procedures will be distributed to all athletes and coaches who qualify to the 1990 National Championships.

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# RHYTHMIC RE-RANKING COMPETITION 1990

By Paul Auer

If the 1990 international season goes well, the Rhythmic Re-Ranking competition for Diane Simpson, the Northwestern University student, should set the world on fire.

Simpson, a 1988 Olympic and panamerican champion, dominated the re-ranking meet, held February 3-4 at the U.S. Olympic Training Center in Colorado Springs, Colo. Debuting new routines, she outscored her closest competitor, Jennifer Lowell of Miami Twisters, 74 (5th) 73 (6th) points.



Naomi Hewitt-Couturier finished first in the junior division.

"I'm really pleased I won. I was upstage about my new routines, but I'm glad there were no major disasters. I know I will be ready for international competition," Diane explained.

The world's first 1990 Rhythmic Re-Ranking competition was held. Because of the

success of the competition, it has now been identified as an annual rhythmic event. Beginning in 1990 the event will be renamed the Rhythmic Challenge.

Nora Hated, rhythmic program administrator, said, "The purpose of the competition is to identify those athletes who are in the best competitive shape for the spring international rhythmic competition." Simpson and Lowell, due to their first and second place finish at the Rhythmic Re-Ranking Competition, will represent

the U.S. at the World Cup qualification meet in Moscow, USSR, Cortes, France and the Brother Cup in Tokyo, Japan. The U.S. is entitled to enter two gymnasts in the World Cup qualifying events by virtue of their placement at the 1989 World Championships.

Tracey Lepore, who trains



Jennifer Lowell balances her way to a silver medal.

with Simpson at Illinois Rhythmic under Irene Valovets, placed third in the all-around.

"It was the first time for all four new routines, and she did a great job," Coach Valovets said of Diane. "Tracey also did dynamic. I believe they will really

like her style internationally."

Naomi Hewitt-Couturier of New York City, N.Y., who is coached by Wendy Hilliard, finished first in the junior division. Behind her was Frances Abbott of San Pedro, Calif.

## 1990 GOODWILL GAMES SELECTS RHYTHMIC COMMENTATOR

The 1990 Goodwill Games will unite 2,500 of the world's best athletes from more than 50 countries for 17 days of spectacular competition in 21 sports. The men's gymnastics events will be held in Tacoma, Wa. on July 20-22. Women's gymnastics will also be held in Tacoma on July 27-29. Rhythmic gymnastics will be held in Spokane, Wa. on July 23-28.

Wendy Hilliard and Susan Hutchins, a television news anchorwoman in Seattle, will be commentators for Turner Broadcasting System, Inc.'s coverage of rhythmic gymnastics at the 1990 Goodwill Games.

Hilliard worked for RPN as an analyst for rhythmic gymnastics last summer during its coverage of the 1989 Olympic Sports Festival in Oklahoma City. From 1978-88, she was a member of the U.S. national team, representing the U.S. in three World Championships (Group competition), and currently sits on the executive committee of the USGF Board of Directors as an athlete representative. Hilliard was a researcher for the 1984 and 1988 Olympics working for both ABC Sports and NBC Sports, respectively.



Tracey Lepore earned the bronze medal in the all-around.

# SIMPSON LOOKS TO NEW BEGINNINGS

By Patti Asen

**D**iane Simpson knows about the emotional high of the Olympics. She also knows about the lowdown of losing a national title and the competitive edge.

1988 and 1989 were see-saw seasons for the Illinois native, and top U.S. rhythmic gymnast 1988 saw Simpson win the national championship, tie for first in the U.S. Olympic Trials and travel to Seoul, South Korea where she finished 20th in the all-around competition at the Olympics. But the next year she lost the national title to a young, upstart gymnast and struggled to find enthusiasm for a sport she had been involved in for nearly seven years.

That is behind her now, she insists. Simpson only hopes that 1990 brings a new, exciting season and a new beginning. She kicked off this year at the U.S. Rhythmic Re-Ranking Competition,



Diane Simpson kicked off the season with a gold medal at the Rhythmic Re-Ranking Competition.

Nov. 2-3 at the U.S. Olympic Training Center in Colorado Springs, Colo.

Former national champion has changed several things - her

lifestyle is a fulltime athlete is now complicated by a heavy school load - and she enters a new era of gymnastics, complete with new routines and a new out-

look. The re-ranking competition was the debut of "her new look."

"They [her new routines] aren't, perhaps, the most difficult I've done, but they are the best choreographed. They suit my style. I was a little apprehensive because I hadn't competed them yet," Simpson, an honors student at Northwestern University, explained.

"The spring of 1989 was difficult for me. I was adjusting, it was difficult to stay in rhythmic gymnastics and I was beginning school fulltime. I didn't have the time I had had before."

It wasn't until the U.S. Olympic Festival in Oklahoma City, Okla. that Simpson was able to jump out of her slump. She earned a gold medal in the all-around competition and gained a spot on the World Championships team and some new-found enthusiasm.

## WORLD CLASS RHYTHMIC COACH HELPS THE U.S.

**W**orld class rhythmic gymnast Anelia Relebkova, from Bulgaria, is traveling across the U.S. working with young rhythmic gymnasts.

"The U.S. rhythmic gymnasts are getting help from one of the best," said Nora Hibel, rhythmic program administrator.

Relebkova generated much of her country's success in rhythmic gymnastics. She was every major competition from 1979-1984 including the European Championships and the 1981 World Championships. She has been coaching in Bulgaria since her retirement in 1986, when the Eastern European countries' boycott crushed her hopes for the Olympic gold. Bulgaria, the dominant force in rhythmic gymnastics, was co-champions with the Soviet Union at the 1988 World Championships.

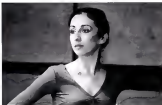
"I enjoy sharing my experience and knowledge with young girls," said Relebkova.

Anelia is often referred to as the "queen of the rhythmicists." She set a new direction in choreography with her artistic style and aggressive athletic approach. Anelina is Bulgarian. Mary Lou Retton is to the U.S., or Nadia Comaneci is to Romania.

"The keys to success in rhythmic gymnastics are to have knowledgeable and competent coaches and to have work-loving students," said Anelia.

"Anelia will bring a wealth of experience and knowledge to the U.S.," said Hibel. "The U.S. will seek input from her on the U.S. program and how to improve it."

Anelia attended the recent U.S. Rhythmic Re-Ranking competition at the Olympic Training



Bulgaria's rhythmic star, Anelia Relebkova travels to the U.S.

Center in Colorado Springs, Colo. When asked what her impressions of the U.S. gymnasts were, she said, "All the gymnasts are talented, but experience is needed. Coaches must improve their knowledge and gymnasts must listen to their coaches and work harder."

Relebkova has been in the U.S. since January and will return to Bulgaria in March. She's already visited numerous rhythmic

gymnastics clubs in the U.S. and has been favorably received by all.

"My goal is to help as many coaches and gymnasts in care in different states and cities," said Anelia. "I'm also here to learn about American people and try to popularize the sport of rhythmic gymnastics."

This is Anelia's third trip to the U.S. and she said, "I love it here."

# BOYS JO COMPULSORY AWARDS PROGRAM

**A**n exciting new opportunity for USGF Men's coaches to motivate the boys in their program and provide visibility and peer group recognition has been announced by the USGF.

Similar to the badges and stars awarded to Boy Scouts, and the colored belts of martial arts, the Junior Olympic awards program is designed for young gymnasts as a way to keep them motivated and continually striving towards excellence. A Boy Scout's achievements are clearly displayed by the accumulated patches on his awards sash. In martial arts, the succession of belt colors ultimately leads to black, recognizing the student as a master in his sport.

For gymnasts, when a student passes Class VI, he receives the Junior Olympic Program Patch. Achievements in Class VI - III are re-



Patrick Karkov was the 1986 Junior Olympic National Champion. Now he heads the University of Nebraska and was a member of the 1988 U.S. World Championships team.

corded on the gymnasium wall chart, and after completion of Class V, a red chevron is awarded. When the gymnast passes 75 percent of the requirements of each level, he progresses to the next level (if within the USGF Junior Olympic Boys age requirements).

Athletes passing Class IV receive a white chevron. Athletes passing Class III receive a blue chevron. After proving proficiency at the compulsory level, a gymnast moves to the compulsory/optimal program in Class II and I. When a gymnast qualifies to the Regional Meet as a

Class II, they will receive a Silver chevron. When a gymnast qualifies to the Regional Meet as a Class I, they will receive a GOLD chevron.

The awarding of the patches and chevrons is the responsibility of the club in which the gymnast is enrolled.

The standards for awarding the patches and chevrons is uniform across the nation. The system will give coaches, club owners, parents and especially athletes an easy way to track and identify the determined athletes.

Keep watching your mailbox for an informational full color brochure on this program.

Performance Charts, Patches, Chevrons and the Skills Cards can be ordered from the USGF Merchandising office. (317)227-5060

## PETER VIDMAR—MEMBER OF THE PRESIDENT'S COUNCIL ON FITNESS

**P**resident George Bush has announced the appointment of Peter Vidmar, captain and gold medalist of the U.S. 1984 Olympic Team and president of Vidmar & Co., Irvine, Ca., as a member of the President's Council on Physical Fitness and Sports. Vidmar gave chairman Arnold Schwarzenegger and six other new members on the 18-person Council which serves as a catalyst in developing and promoting national programs for physical fitness and sports. The members

serve without pay and report to the President and the Secretary of Health and Human Services offering recommendations and guidance for improving national fitness.

Vidmar was a gymnast for the 1984 U.S. Olympic Team, which won this country's first-ever gold medal in gymnastics with their upset victory over the



Peter Vidmar

People's Republic of China. In addition to winning a gold on the pommel horse with a perfect score of 10 he also took three other medals in individual all-around competition.

A graduate of UCLA with a degree in economics, Vidmar is also known as a television commentator, author, guest speaker on tele-

vision shows and the lecture circuit. He has addressed the national corporate meetings of General Motors, IBM, Federal Express and McDonnell Douglas and has been a Youth Fitness spokesman of Ovaltine, speaking out on the decline in physical fitness in America's children. He recently was elected as the athletic representative to the U.S. Olympic Committee for the sport of gymnastics and serves on the USGF Athlete's Council.

## UPDATE

## SUMMER COACHES EDUCATION CLINICS

**D**uring the summer of 1990, the USGF Department of Educational Services will be conducting a series of four coaches-education workshops designed primarily for the instructional level and pre-competitive coach. Besides sessions designed to assist the instructor in class organization, scheduling, planning, etc. the workshops will permit the instructor to gain their Safety Certification credentials. The dates and sites of the workshops are as follows:

1. June 18-17, 1990, USGF National Training Center,

Indianapolis, IN — Emphasis will be on sessions for coaches of girls' programs

2. July 6-8, 1990, Camp Lake Owen, Cable, WI — Workshop emphasis will be for both boy's and girl's instructors. Special "hands-on" spotting sessions!

3. August 2-4, 1990, USGF National Training Center, Indianapolis, IN — Emphasis on programs for the pre-school/developmental instructor. Participants will have the opportunity to attend special sessions at the National Institute for Fitness and Sport.

4. August 24-26, 1990, United States Olympic Training Center, Colorado Springs, CO — The emphasis here will be for instructors of boy's programs.

**COSTS** The basic fee for attending will only be \$50.00 for each of the Workshops. Transportation, lodging and meals will be the responsibility of each attendee. There may be "add-on" costs to the Basic Fee if the participant options to participate in "testing" opportunities like Safety Certification, Skill Evaluation testing, etc.

\*NOTE: special rates will

be available at local hotels. At Camp Lake Owen, lodging and meals will be available at the Camp at very reasonable rates!

Please write to the USGF Department of Educational Services for specific information on the workshops.



Pan American Plaza, Suite 300, 201 S. Capitol Ave., Indianapolis, IN 46225

## U.S. CLASSIC COMPETITION AND CLINIC

**T**he USGF U.S. Classic/National Women's Competition will be co-hosted in Saginaw, Mich., May 17-20, 1990 with the Saginaw Gym Festers. This is the final qualification competition to the 1990 U.S. Championships for all Senior Elite and Junior Elites.

In order to make this "more than just a meet," the USGF will be conducting a special coaches' and judges' workshop concurrently with the Classic. All workshop sessions will be scheduled so that attendees will be able to view the on-line competition! Sessions will be scheduled on all women's events as well as in the sport sciences.

The Basic Cost for the Workshop is only \$60.00 (if you are a USGF "pre-member" who pre-registers by the deadline). Attendees in the Workshop will receive discounted competition ticket rates, the opportunity to participate in various "social functions" planned for the event, and attend a Workshop Brunch on Sunday morning.

Participants will have the option of signing up for USGF Safety Certification Testing, Skill Evaluator's Testing, CPR Certification and/or Meet Director's Testing. (These will each require an additional fee — in the case of USGF Safety Certification, this will be at a substantial discount over

regular Certification fees.)

This event represents a great opportunity for coaches and judges (particularly in Region V) to combine viewing a fantastic gymnastics event with attending sessions that will enhance their professional skills and credentials, while taking advantage of the many social events planned by the Saginaw Gym Festers Booster club!

Please write to the USGF Department of Educational Services for specific information on the U.S. Classic competition. (USGF, Pan American Plaza, Suite 300, 201 S. Capitol Ave., Indianapolis, IN 46225)

## NEW VIDEO

**A**s part of their sponsorship relationship with the USGF, Panasonic has produced an outstanding video detailing the preparation of our athletes for the Seoul Olympic Games. Panasonic is making this video available to qualified school systems, etc. free on a lending basis over the next four year period.

This video is excellent! You will want it to be part of your personal or club library. It is ideal for showing to prospective athletes (and their parents) and to your class and team members. A very positive message comes through regarding our sport.

Panasonic is permitting the USGF to make this tape available for purchase by individual USGF members through the USGF Merchandising Department. (Cost = \$12.95 USGF Item #2700 — See order form on back cover.)

# USGF REGIONAL TESTING RESULTS

**E**ach year many boys participate in an annual testing program. This program's purpose is to identify talented gymnasts early and to ensure that each boy is executing skills correctly. The testing is first held at the state level and those 10-11 year old boys who passed 80 percent or more of the skills advanced to the regional level of testing. Mas Watanabe created the program and Hideo Misoguchi along with the junior coaching staff adjusted the program. Sixty-eight boys participated in the November 1989 testing for 10-11 year old. The testing took place in nine separate regions with U.S. Gymnastics Federation member clubs hosting the event.

"I anticipate that this group of boys will enter the Junior Elite level in three to four years," said Robert Cowan, men's program administrator for the USGF.

Misoguchi said, "The

## TOP 25 BOYS AND THEIR RANKING

1.	Scott Pinksham	Region VII	64.90
2.	Jeremy Hoders	Region V	63.00
3.	Kevin Agnew	Region V	62.04
4.	Brian Hamilton	Region IV	61.73
5.	Eddie Song	Region VII	61.64
6.	Joel Frangos	Region VII	58.71
7.	Phil Lieberman	Region VII	57.11
8.	Todd Steele	Region VIII	56.92
9.	David Lyon	Region I	56.28
10.	Jason Katsampas	Region VII	56.00
11.	Max Miller	Region VII	55.26
12.	James Richards	Region III	55.20
13.	David Sower	Region IX	55.16
14.	Chris Pecher	Region VII	55.14
15.	John Pope	Region V	54.79
16.	Michael D'Amelia	Region VII	54.50
17.	James Natsube	Region VII	54.15
18.	Adrian Barnhart	Region V	53.16
19.	Daniel McCarty	Region V	53.14
20.	Kevin Harris	Region I	53.00
21.	Greg Gabel	Region V	52.90
22.	Scott Tatum	Region VIII	52.51
23.	Jeffrey Beyer	Region VII	51.64
24.	Edward Church	Region IX	51.21
25.	David Bernardin	Region V	51.34

scores are not as important as tracking your performance over a period of time to see if

you have improved."

Above is a list of the boys and their ranking.

## ELITE GYM-KIM VISITS USGF NATIONAL TRAINING CENTER

By Kim Clayton

**T**he Official competitive apparel supplier for the USGF, Elite Sportswear, Ltd., was recently in Indianapolis, Ind. to fit members of the U.S. women's junior and senior national team. Several team members were in town attending a training camp at the USGF National Training Center.

President Sallie Weaver and Debbie Clay, the national team apparel coordinator, spent two days custom fitting leotards and warm-ups. Each gymnast was able to spend 15 minutes with the Elite representatives to assure that the athletes new competition attire would be a perfect fit.

For more information about Elite Sportswear call Elite at 1-800-345-4087.

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# AAI AMERICAN



Ken Czerwinski, national sales and product manager for AAI American.

**A**AI American is an official sponsor of the United States Gymnastics Federation. In addition, this ambitious company was selected as the official supplier of gymnastics equipment to the 1991 World Championships, as well as the 1990 Goodwill Games.

There are many reasons for the success of AAI American. For one thing, the business was founded by a gymnast and is currently managed and staffed by gymnasts; therefore, they have the gymnasts' concerns in mind.

"We're doing it for the athlete," said Ken Czerwinski, national sales and product manager.

AAI American's goal is to provide the most technologically advanced products available in gymnastics. This company wants the equipment to enhance gymnasts' performances, not limit them. In addition, they listen to what the customers need.

"We try to solicit information from distributors, athletes, and coaches to come up with prototypes of products to field test and then make economically feasible for clubs and schools to purchase," said Czerwinski.

Predictions are that the specifications for equipment will be subject to fewer changes when the new FIG apparatus book is published in 1990. Any changes made will probably be technical in nature. However, AAI sees changes in improved training aids and such new advanced materials for mats.

AAI American has certainly been an innovation leader in the field of gymnastics.

in every major international and national event in the U.S. without a single failure. Other recent innovations include the Reflex system for beams, vaulting horses, and rings.

When one walks into the gymnastics arena it is difficult to notice the innovations in equipment, because the equipment is something that we simply take for granted. However, AAI American is dedicated to their field and has a saying — "Our equipment must stay ahead of the sport."

As an official sponsor of the U.S. Gymnastics Federation, AAI American supplies equipment to the following corporate events:

**McDonald's American Cup**  
• McDonald's International Mixed Pairs • USGF Division II & III Championships  
• USGF Level 10 Regionals •

**J.O. Junior Nationals** • **J.O. Senior Nationals** • **U.S. Classic Nationals** • **U.S. Championships** • **J.O. Championships/Men** • **U.S. Olympic Festival** • **Goodwill Games** • **McDonald's Challenge USA/USGR Dual Competition** • **USGF National Congress** • **American Classic Nationals**.

On the other hand, there are many events for which AAI American is not under contract with the USGF to supply equipment. Based on availability of equipment and personnel, separate written agreement between event directors and AAI's regional representatives may be possible. If you would like to inquire about the possibility of AAI American supplying equipment for an event not included in the USGF contract, you must contact a regional representative. Below is a list of the regional representatives of AAI American.

## AAI AMERICAN REGIONAL REPRESENTATIVES

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# EVENT SCHEDULE

## MAY

- 4-5 World Cup Qualification (R) Moscow, USSR  
4-6 U.S. Rhythmic Nat'l Championships Eugene, OR  
5 JO Junior Nationals (W) Colorado Springs, CO  
11-13 Corbels - Basores (R) France  
12-13 JO Senior Nationals (W) Indianapolis, IN  
19 U.S. Classic Nationals (W) Segrasse, MI  
19 Elite Coaches Seminar/PTC Course Segrasse, MI  
19-20 Senior Elite Regionals (M) UCLA, Los Angeles, CA  
25-26 Brother Cup (R) Tokyo, Japan  
25-26 Grand Prix of Rome (M/W) Rome, Italy  
25-27 Golden Seeds (M/W) Varna, Bulgaria  
29-30 Gymnastixs Youth Camp Dortmund, FRG  
26 Level 9 East/West (JO - W) TBA

## JUNE

- 8-10 U.S. Championships (M/W) Denver, CO  
15-17 Coaches Education Workshop (W) Indianapolis, IN  
20-21 Jr. B Training Camp (W) Indianapolis, IN  
23-24 Olympic Cup (M/W) Salt Lake City, UT  
29-29 JO Nat. Team Training Camp (W) Indianapolis, IN

## JULY

- 5-8 Coaches Education Workshop (M/W) Calé, WI  
5-7 JO Championships (M) Baltimore, MD  
6-15 U.S. Olympic Festival (M/W/R) Minneapolis, MN  
16-20 Jr. Pan American Games (M/W/R) Tallahassee, FL  
24-Aug 3 Goodwill Games (M/W/R) Seattle/Spokane, WA  
25-26 USA/USGR Senior Camp (M) Portland, OR  
24-29 Class III Training Camp (R) Arcata, CA  
31-Aug 3 Class II Training Camp (R) Arcata, CA

## AUGUST

- 1 USA/USGR Exhibition (M/W/R) Portland, OR  
3-5 Coaches Education Workshop (Pre-School Instruction) IN  
3-5 McDonald's Challenge: USA/USGR (M/W) San Jose, CA  
7-12 Class I Training Camp (R) Arcata, CA  
7-14 10-11 Age Group Develop + Camp (M) Colorado Springs, CO  
13-19 Elite Training Camp (R) Colorado Springs, CO  
13-19 Jr./Sr. National Team Training Camp (W) Indianapolis, IN  
17-22 Four Continents Training Camp (M) Colorado Springs, CO  
17-27 Jr. Team Camp (M) Colorado Springs, CO  
24-26 Coaches Education Workshop (M) Colorado Springs, CO  
28-Sep 2 Jr. Boys Development Camp Colorado Springs, CO  
28-Sep 1 Four Continents (R) Tokyo, Japan  
30-Sep 2 Jr. B Training Camp (W) Indianapolis, IN

## SEPTEMBER

- 13-16 USGF National Congress New Orleans, LA

## OCTOBER

- 13 Elite Regionals (W) Various Sites  
20-21 Rhythmic World Cup (R) Brussels, Belgium  
27-28 Artistic World Cup (M/W) Brussels, Belgium  
29-Nov 3 FIG Congress Frankfurt, FRG  
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